

***Leonida Recreation Commission  
Presents***

# **Fall Programs 2013**

**Registration begins,  
Tuesday, September 3**

***370 Broad Avenue, Leonida, NJ 07605  
201-592-5783***

**[www.leonianj.gov](http://www.leonianj.gov)**

*LEONIA RECREATION COMMISSION*  
**IRA J. GOLD-CHAIRPERSON**

**KARL MARQUARDT**  
**ROBERT LEAP**  
**JODI KRAKOWER**

**BRENNA MAHONEY**  
**CHRIS RAINEY**  
**ANTHONY PUZZO**

The Recreation Commission meets at the Recreation Center, 370 Broad Avenue on the fourth Tuesday of every month at 7:30 p.m. Public is invited to attend.

**RECREATION DEPARTMENT STAFF**  
**Barbara H. Davidson, Superintendent**  
**Joann Orlowski      Office Manager**  
**Patrick Powers      Program Director**  
**Marion Cassidy      Senior Coordinator**

**OFFICE HOURS**

Monday, Wednesday, Thursday 8:30 am to 4:00 pm

Tuesday, 8:30 am to 8:00 pm

Friday, 8:30 am to 12:00 Noon

VOICE MAIL AVAILABLE AFTER HOURS FOR PROGRAM UPDATES.  
THE RECREATION OFFICE WILL BE CLOSED ON ALL LEGAL HOLIDAYS.  
PROGRAM SCHEDULE WILL FOLLOW SCHOOL CALENDAR.

**RECREATION CENTER CLOSING DATES:**

**Monday, October 14 – Columbus Day**

**Tuesday, November 5 – Election Day**

**Monday, November 11 – Veteran's Day**

**Thursday, November 28, Friday, 29 - Thanksgiving**

**HALLOWEEN TREAT STREET!!!**  
**SATURDAY, OCTOBER 26.**  
**PARADE 10:00 AM, LINE UP AT ACS!!**



***A SPOOKING SPECTACULAR HALLOWEEN SHOW, GHOST  
SLIME MAKING ACTIVITY, AND EDIBLE SPIDER WEBS  
(COTTON CANDY) FOR EVERY CHILD!!***

***Where? Leonia Recreation Center***  
***Who? Leonia Children ONLY - Ages 5 to 12***  
***\*\*Under 9 yrs must be with an adult.\*\****  
***Cost? FREE***  
***Time? 1:00 pm***

***CHILDREN MUST SIGN UP AT THE RECREATION  
OFFICE BEFORE EVENT DAY. 50 SPOTS AVAILABLE  
ONLY!!***

**AYSO OPENING DAY**  
**SATURDAY, SEPTEMBER 7**

# ***Fall Registration Begins Tuesday, September 3***

## **Procedures**

- ☐ Registration Forms are located in the Recreation Center or at [www.leonianj.gov](http://www.leonianj.gov) under Recreation.
- ☐ Prior to attending any program, a registration form **must be completely filled out for each course**.
- ☐ All fees are due & payable at the time of registration (except if on a waiting list).
- ☐ Late registration will be accepted, space permitting, but will not be pro-rated.
- ☐ Please make checks payable to "Borough of Leonia".

## **Walk-In Registration**

- ☐ Walk-in registration will be accepted on a **first-come, first-served** basis.
- ☐ If a program has been filled, you may ask to be put on a waiting list.

## **Mail-In Registration**

- ☐ Mail-in registration will be handled **starting on September 3, 2013**.
- ☐ We only accept checks, please **do not send cash**.

## **Non-Residents Without Children in Leonia Public Schools**

- ☐ Space permitting, non-residents may be allowed to register for programs **after the first week of registration**.
- ☐ An **additional fee of \$25.00** will be applied to each program, unless otherwise stated.

## **Want to teach? Want to take a specific course? LET US KNOW!!**

**The center is always looking for enthusiastic, knowledgeable instructors to teach exciting new courses. If you would like to teach a course OR take a course that has not been offered, please let us hear from you. Call the Rec. Center at 201-592-5783, or send a proposal and resume to the Leonia Recreation Department, 370 Broad Avenue, Leonia. Ideas for new courses are always welcome. We want to continue to insure that we have "something for everyone."**

**Barbara H. Davidson, Recreation Superintendent  
BDAVIDSON@LEONIANJ.GOV**

# Recreation Policies

## Refunds

All refund requests must come directly to the Recreation office at least one week prior to program start date.

**No refunds after this date unless:**

- The program is cancelled by the Recreation Commission.
- The request is accompanied by a doctor's written medical excuse.
- ☐ Medical refunds are pro-rated based on the date of notification of the Recreation Commission.
- ☐ There are no refunds after a program has ended.
- ☐ A \$5.00 fee will be applied for all refunds.

## Insurance

- ☐ Accident reports must be filled out within 24 hours of incident.
- ☐ Waiver forms must be filled out for all children's programs.

## Program Cancellations

- ☐ The Leonia Recreation Commission reserves the right to limit or cancel programs.
- ☐ When schools are closed due to inclement weather, all programs will be canceled, unless otherwise noted.
- ☐ Programs schedule will follow school calendar.

## Park & Ball field Facility Permits

- ☐ Registration for parks or fields must be submitted to the Recreation Office for groups over 10.
- ☐ Use of Leonia parks/fields is by permit only.

**REGISTER ONE CHILD FOR AN INDIVIDUAL FALL PROGRAM AT FULL FEE. SIBLING DISCOUNT IS TAKEN AT TIME OF REGISTRATION. REGISTER 2ND OR MORE SIBLINGS IN SAME PROGRAM FOR A 10% DISCOUNT FOR EACH ADDITIONAL CHILD.**

# Preschool

## **TODDLER ART CLASS**

**Instructor:** Jeanette Filipovich  
**Content:** In this new program, our little crawlers will express themselves and show their ideas and creativity through the magic of art. Fun for Moms and Dads as well!  
**Day:** Tuesdays  
**Ages:** Toddler 1 Ages 1 to 2 years                      Time: 9:15 am to 10:00 am  
                 Toddler 2 Ages 2 to 4 year olds                      Time: 10:15 am to 11:00 am  
**Dates:** September 17 to December 10 (12 Weeks)  
**Location:** Recreation Center Art Room  
**Fee:** \$95.00

**\*\*No Class October 22\*\***

## **RHYTHM AND RHYME MUSIC CLASS**

**Instructor:** Jeanette Filipovich  
**Content:** Play dress up, dance and have fun with all of our new friends singing along to our favorite nursery rhymes. Wonderful opportunity for the little ones!  
**Day:** Monday Afternoon  
**Ages:** 2 years to 4 years                      Time: 12:00 pm to 12:45 pm  
**Dates:** September 16 to December 16 (12 Weeks)  
**Location:** Recreation Center Meeting Room  
**Fee:** \$95.00

**\*\* No Class October 14, 21\*\***

## **NEW – Young Artists by Abakadoodle – Ages 20 mths – 4 yrs w/caregiver**

***Caregiver participation is required for this class.*** All young artists are creative explorers... and there is so much to explore when you are creative! How does wet clay feel? How do salt and paint interact? What are different ways to mix colors? What happens when you paint over masking tape? What tools can you paint with besides paintbrushes? Young Abakadoodle artists explore and discover all this and more! Students develop important fine and gross motor skills, experience new art processes, and learn about colors and shapes.

***MONDAYS – 8 classes***

***Session Dates: Sept 23, 30, Oct. 7, 21, 28, Nov. 4, 11, 18***

Ages 20 months – 4 yrs    9:45 – 10:30 AM

***Fee:*** \$99 for Residents; \$25 extra for Non-Residents **EACH SESSION**

**FOR MORE INFORMATION, EMAIL [kroberts@abakadoodle.com](mailto:kroberts@abakadoodle.com) OR CALL 201-836-1160 OR VISIT THE WEBSITE: [www.abakadoodle.com/nj04](http://www.abakadoodle.com/nj04)**

# Preschool

## Runners Gym 1

**Instructor:** Jeanette Filipovich

**Content:** Get some energy out! This is for toddlers on the go as he/she will run, jump, & tumble through the gym. Balls, beanbags, hula-hoops, and the mini trampoline are some of the play highlights. Circle time songs, the parachute, and train are also included.

**Age:**       **1 - 2 year olds:**       **9:30 AM TO 10:15 AM**  
                 **2 - 4 year olds:**       **10:30 AM TO 11:15 AM**

**Day:** Mondays

**Date:** September 16 to December 16 (12 Weeks)

**Location:** Recreation Gym

**Fee:** \$100.00

**\*\* No Class October 14 & 21 \*\***

## Yoga & Me for the Preschooler

**Instructor:** Alyson Adashko Raskin, PhD

**Content:** Come and join us for an exciting series of Yoga&Me creative adventures. Yoga&Me™ is a fun way to relax, stretch, focus, and strengthen body, mind, spirit and self-esteem. We will explore yoga through movement and stillness, yoga postures, breathing techniques, arts and craft projects, yoga games and inspirational stories. The atmosphere of the class is supportive and non-competitive. Wear comfortable clothes to move in.

**Age:** **3-5 year olds**       **Max. 8 per class**

**Day:** WEDNESDAYS

**Time:** 3:15 pm - 3:45 pm

**Date:** September 18 to November 6

**Duration:** 8 weeks

**Location:** Meeting Room

**Fee:** \$90.00

## JULIE'S MUSIC APPRECIATION

**Instructor:** Julie Sung

**Content:** This class will highlight the universal language of music. Parents and children will experience a wide variety of musical pieces and learn musical concepts such as dynamics, tempo, rhythm, tone and pitches. Designed to expose children to a unique musical that will result in a greater appreciation for music at a young age. **Ms. Sung is a Music Teacher with an extensive background teaching young children.**

**Day:** Thursday Mornings

**Age/Time:** 1 to 4 year olds       10:00 am to 10:45 am

**Dates:** September 19 to November 14       **Max. 12 Children**

**Duration:** 8 Weeks

**Location:** Recreation Center Meeting Room

**Fee:** \$115.00

**\*\*No Class November 7\*\***

# Preschool

## Creative Movement

**Instructor:** Sharon Snyder

**Content:** A dance class that focuses on the joy of movement using activities that improve coordination, musicality, and expressiveness.

**Age:** 3-5 year olds    **Max. 10 per class**

**Day:** MONDAY

**Time:** 3:30 pm - 4:00 pm

**Date:** September 16 to December 2    **NO CLASS: OCTOBER 14, NOVEMBER 25**

**Duration:** 9 weeks

**Location:** Dance Studio (off of gymnasium)

**Fee:** \$80.00

**Dress Code:** Girls should wear any color leotard with pink tights and pink ballet shoes. Boys should wear a t-shirt, form fitting sweat pants or black tights, white socks and black or white ballet shoes.

***\*\*NOTE FOR ALL BALLET AND TAP STUDENTS: STUDENTS WILL BE PERFORMING IN THE ANNUAL TREE LIGHTING CEREMONY, December 6. ADDITIONAL CHARGES WILL APPLY FOR COSTUMES. \*\****

## THE HAPPY PIANO

**Instructor:** THE HAPPY PIANO, LLC.    [www.happypiano.com](http://www.happypiano.com)

**Content:** The HAPPY PIANO is a powerful educational tool for children 3 – 6 years old. HAPPY PIANO students learn to play familiar songs on an actual piano/keyboard; our little students enjoy a increased amount of self confidence as they realize,  
"I can do this!"

**DAY:** Saturday Mornings

**Age/Time:** 3 yr. to 6 year olds    10:00 am to 10:30 am **OR** 10:30 am to 11:00 am

**Dates:** September 21 to November 23    (10 weeks)

**Location:** Recreation Center Meeting Room

**Fee:** \$175.00 One time yearly \$35.00 fee for materials collected on the first day.

# Preschool

## **NEW – DoodleCrafts by Abrakadoodle – Ages 4 – 6**

Love to cut, color, paint, glue and have fun! Join Abrakadoodle for our new doodle craft series of fun art projects. We will use recycled materials, duct tape, paint and natural items to explore and create!

***THURSDAYS – 8 classes***

***Session Dates: Sept 26, Oct. 3, 10, 17, 24, Nov. 14, 21, Dec. 5***

Ages 4–6 yrs    4:00 PM – 4:45 PM

***Fee:***                \$99 for Residents; \$25 extra for Non-Residents **EACH SESSION**

**FOR MORE INFORMATION, EMAIL [kroberts@abrakadoodle.com](mailto:kroberts@abrakadoodle.com) OR CALL**

**201-836-1160 OR VISIT THE WEBSITE: [www.abrakadoodle.com/nj04](http://www.abrakadoodle.com/nj04)**

## **NEW PROGRAM!! Infant Massage and Music**

**INSTRUCTOR:**                Julie Sung ( Julie's Music Appreciation)

**CONTENT:**                Learn to calm and soothe your baby through nurturing touch and appreciation of music. With nurturing touch you and your baby may feel more relaxed. The massage and singing helps your baby sleep deeper and longer. Research also shows that babies who are massaged spend more time active and alert for learning, increase bonding and attachments to their parents. Touch helps the parent / infant form a trusting secure relationship.

**DAY:**                        THURSDAYS

**DATES:**                    SEPTEMBER 19 TO NOVEMBER 14

**TIME:**                     11:00 AM TO 12:00 PM

**AGES:**                     0 TO 12 MONTHS

**DURATION:**              8 WEEKS

**FEE:**                        \$130.00 Includes Massage oil, Infant Massage Hand Outs.

**\*\* No class November 7\*\***

# YOUTH

## **NEW – Paint Me A Masterpiece! by Abrakadoodle – Ages 7-10**

Let's paint! Imagine a fantastic world inspired by microscopic shapes, unique 3D design architecture while learning about perspective, use maps as a unique starting point for interesting paintings, create paintings in unexpected shapes, and learn about folk art in the tradition of Salvadorian artist extraordinaire Fernando Llort. Rembrandt is famous for his self-portraits. What would his portrait of *you* look like? Discover this and much more with Abrakadoodle this fall! This is a premium canvas offering.

***THURSDAYS – 8 classes***

***Session Dates: Sept 26, Oct. 3, 10, 17, 24, Nov. 14, 21, Dec. 5***

Ages 7 - 10 yrs                      5:00 PM – 6:00 PM

***Fee:***                      \$125 for Residents; \$25 extra for Non-Residents

**FOR MORE INFORMATION, EMAIL [kroberts@abrakadoodle.com](mailto:kroberts@abrakadoodle.com) OR CALL 201-836-1160 OR VISIT THE WEBSITE: [www.abrakadoodle.com/nj04](http://www.abrakadoodle.com/nj04)**

## **Yoga & Me and more**

**Instructor:**    **Alyson Adashko Raskin, PhD**

**Content:**        Relax, stretch, focus, and strengthen body, mind and spirit. Children will increase their attitude of gratitude and kindness toward themselves and others through movement and stillness, yoga postures, breathing techniques, yoga games, art, inspirational stories, sharing and guided meditation. The atmosphere of the class is supportive and non-competitive. Wear comfortable clothes to move in.

**Age:**             **6-12 year olds      Max. 10 per class**

**Day:**             WEDNESDAYS

**Time:**           3:50 pm - 4:35 pm

**Date:**            September 18 to November 13 (9 Weeks)

**Location:**      Recreation Center Meeting Room

**Fee:**              \$90.00

## **Yoga & Me For Teens**

**Instructor:**    **Alyson Adashko Raskin, PhD**

**Content:**        Relax, stretch, focus, and strengthen body, mind and spirit. Teens will de-stress and increase their attitude of gratitude and kindness toward themselves and others through movement and stillness, yoga postures, breathing techniques, yoga games, sharing, art, journaling, and inspirational stories. The atmosphere of the class is supportive and non-competitive. Wear comfortable clothes to move in.

**Age:**             **13 years to 17 year olds      Max. 10 per class**

**Day:**             WEDNESDAYS

**Time:**           4:40 pm - 5:20 pm

**Date:**            September 18 to November 13 ( 9 weeks)

**Location:**      Recreation Center Meeting Room

**Fee:**              \$90.00

# YOUTH

## Pre-Ballet

**Instructor:** Sharon Snyder

**Content:** In this introduction to ballet class, children will learn the joy of movement with emphasis on rhythm, coordination, and flexibility.

**Age:** 5-7 year olds

**Time:** 4:10 pm -4:40 pm

**Day:** MONDAY

**Date:** September 16 to December 2 **NO CLASS: October 14, November 25**

**Duration:** 9 weeks

**Location:** Dance Studio (off of gymnasium)

**Fee:** \$80.00

**Dress Code:** Girls should wear any color leotard with pink tights and pink ballet shoes. Boys should wear a t-shirt, form fitting sweat pants or black tights, white socks and black or white ballet shoes.

***\*\*NOTE FOR ALL BALLET AND TAP STUDENTS: STUDENTS WILL BE PERFORMING IN THE ANNUAL TREE LIGHTING CEREMONY, December 6. ADDITIONAL CHARGES WILL APPLY FOR COSTUMES. \*\****

## TAP 1 CLASS

**Instructor:** Sharon Snyder

**Content:** Children will enhance their rhythm and motor skills in this class focusing on basic tap steps.

**Age:** 5 year olds and older

**Day:** MONDAY

**Time:** 4:45 pm to 5:15 pm

**Date:** September 16 to December 2 **NO CLASS: October 14, November 25**

**Duration:** 9 weeks

**Location:** Dance Studio (off of gymnasium)

**Fee:** \$80.00

**Dress Code:** Boys and girls should wear loose fitting clothes and tap shoes.

***\*\*NOTE FOR ALL BALLET AND TAP STUDENTS: STUDENTS WILL BE PERFORMING IN THE ANNUAL TREE LIGHTING CEREMONY, December 6. ADDITIONAL CHARGES WILL APPLY FOR COSTUMES. \*\****

# YOUTH

## TAP 2 CLASS

**Instructor:** Sharon Snyder

**Content:** A continuation of the Tap 1 Class, using basic tap choreography to improve the student's coordination, rhythm and improvisational skills.

**Age:** 7 year olds and older, or by Teacher acceptance.

**Day:** MONDAY

**Time:** 5:25 pm to 5:55 pm

**Date:** September 16 to December 2 **NO CLASS: October 14, November 25**

**Duration:** 9 weeks

**Location:** Dance Studio (off of gymnasium)

**Fee:** \$85.00

**Dress Code:** Boys and girls should wear loose fitting clothes and tap shoes.

***\*\*NOTE FOR ALL BALLET AND TAP STUDENTS: STUDENTS WILL BE PERFORMING IN THE ANNUAL TREE LIGHTING CEREMONY, December 6. ADDITIONAL CHARGES WILL APPLY FOR COSTUMES. \*\****

## TAP 3 CLASS

**Instructor:** Sharon Snyder

**Content:** A continuation of the Tap 2 Class, students will improve their technique while exploring more complex steps and choreography.

**Age:** 10 year olds and older, or by Teacher Acceptance

**Day/Time:** MONDAY, 6:55 pm to 7:40 pm

**Date:** September 16 to December 2 **NO CLASS: October 14, November 25**

**Duration:** 9 weeks

**Location:** Dance Studio

**Fee:** \$85.00

**Dress Code:** Dance Clothes and tap shoes.

***\*\*NOTE FOR ALL BALLET AND TAP STUDENTS: STUDENTS WILL BE PERFORMING IN THE ANNUAL TREE LIGHTING CEREMONY, December 6. ADDITIONAL CHARGES WILL APPLY FOR COSTUMES. \*\****

## BALLET 1

**Instructor:** Sharon Snyder

**Content:** For the more serious student ready to focus on Ballet technique.

**Age:** **7 Years old and Up, or by acceptance.**

**Day:** MONDAY

**Time:** 6:00 pm to 6:50 pm

**Dates:** September 16 to December 2 **NO CLASS: October 14, November 25**

**Duration:** 9 Weeks

**Location:** Dance Studio

**Fee:** \$85.00

**Dress Code:** Leotard and pink tights. (No skirts or jewelry please) Pink ballet shoes, hair must be worn up and secured!

***\*\*NOTE FOR ALL BALLET AND TAP STUDENTS: STUDENTS WILL BE PERFORMING IN THE ANNUAL TREE LIGHTING CEREMONY, December 6. ADDITIONAL CHARGES WILL APPLY FOR COSTUMES. \*\****

# YOUTH

## Tae Kwon Do For Children

**Instructor:** Laura Lewis, 3<sup>rd</sup> degree black belt  
**Content:** This Olympic sport improves balance, coordination, and self-esteem. In a safe and fun environment, the children will learn self defense, as well as competition style Tae Kwon Do.  
**Age:** 5-10 year olds  
**Day:** Monday and Wednesday  
**Time:** 5-7 year olds 8-10 year olds  
4:15 pm -5:00 pm 5:00 pm -5:45 pm  
**Date:** September 16/18 to November 18 **NO CLASS: OCTOBER 14**  
**Duration:** 9 weeks  
**Location:** Recreation Gym  
**Fee:** \$110.00 for two classes

## Tae Kwon Do

**Instructor:** Laura Lewis, 3<sup>rd</sup> degree black belt  
**Content:** Improve balance, flexibility, conditioning, and self-esteem while learning self-defense as well as competition style Tae Kwon Do. Students can advance in belts through serious practice and dedication. Additional fee of \$25.00 is required to take promotion test. **Great for both parents & children to take together!**  
**Age:** 6 through Adults  
**Day:** Choice of Monday, Wednesday, or both!  
**Time:** Beginner Advanced  
7:00 pm -8:00 pm 8:00 pm-9:15 pm  
**Day:** Monday: Recreation Gym Wednesday: Anna C. Scott Gym  
**Date:** September 16/18 to November 18  
**Duration:** 9 weeks  
**Fee:** 1 Class per week - \$95.00 2 Classes per week - \$135 .00

## Project Sewing

**Instructor:** Gehn Su

**Content:** This sewing class will be a blast for children of all ages!! No experience is needed and your children will have the opportunity to make their own patterns and sew things they can actually use. The class is open to both boys and girls who wish to pursue their own fashion creativity. Ms. Su has 20 years of sewing experience.

**"WHOS KNOWS, COULD LEONIA HAVE THE NEXT MICHAEL KORS OR DONNA KARAN!???"**

**Age:** 2nd THROUGH 8<sup>TH</sup> GRADERS  
**Day/Time:** Tuesdays, 3:30 pm to 4:30 pm OR 4:45 pm to 5:45 pm  
**Date:** September 17 to November 19  
**Duration:** 9 weeks  
**Location:** Recreation Center Meeting Room  
**Fee:** \$105.00 Includes all materials.

**\*\*No Class November 5\*\***

# YOUTH

## **TENNIS LESSONS - GRADES K AND OLDER**

**INSTRUCTOR:** Barry Ruback

**CONTENT:** Lessons consist of one hour small group instruction with an emphasis on fundamentals, analysis, strategy, exercise and FUN! Lessons are under the supervision of Barry Ruback – United States Professional Tennis Association.

**\*\*CALL BARRY RUBACK AT (201) 568-3946 FOR INFORMATION\*\***

### **SESSION 1 / SESSION 2**

**TUESDAYS:** 5 Week Sessions September 10 to October 8  
Grades K and 1.....3:15 pm to 4:15 pm  
Grades 2 and 3.....4:15 pm to 5:15 pm  
Grades 4 and 5.....5:15 pm to 6:15 pm  
Grades 6 and Up.....6:15 pm to 7:15 pm

**LOCATION:** Wood Park Courts

**FEE:** \$105 PER SESSION

## **TGA GOLF**

TGA-Premier Junior Golf is the only national at-school, after school junior golf enrichment program. Locally, TGA has run junior golf programs since 2006, teaching the lifelong sport to 4,000 youth of Bergen County. The TGA curriculum utilizes drills and language that make it fun to learn golf for kids in grades K - 8. As students advance through the 5-Level program they will learn basics and fundamentals of the sport, all the while being prepared to play on the golf course. All new students begin in the YELLOW level and can advance all the way to the BLACK level.

Come learn the lifelong sport of golf with TGA. **TGA provides all of the equipment to the**

**students. Contact information: Kevin Rooney, Territory Director, [krooney@playtga.com](mailto:krooney@playtga.com)**

**Day and Dates:** Thursdays, September 19 to October 24 (6 weeks) In Wood Park

**Times:** 3:30 pm to 4:30 pm K to 3rd Graders  
4:30 pm to 5:30 pm 4th to 8th Graders

**Fee:** \$120.00

## **NEW PROGRAM!! JUST DANCE**

**INSTRUCTOR:** Jeanette Filipovich

**CONTENT:** C'Mon let's shake, jump, and rattle our feet to our favorite dance steps of "Just Dance" and "Dance Revolution." Its a combination of modern and hip-hop dance moves that everybody would live to dance to.

**DAY AND DATES:** WEDNESDAYS, SEPTEMBER 18 TO NOVEMBER 20 (10 WEEKS)

**AGES AND TIMES:** 5 YRS TO 7 YRS, 3:30 PM TO 4:15 PM

7 YRS AND UP, 4:30 PM TO 5:15 PM

**LOCATION:** DANCE STUDIO

**FEE:** \$90.00

## **LEONIA RECREATION BASKETBALL LEAGUE**

### **SIGN UP BEGINS NOVEMBER 4**

**TEAMS WILL PLAY REGULAR SEASON AND PLAYOFF SCHEDULE!  
THE SEASON WILL RUN DECEMBER -MARCH.**

*LEAGUE OPEN TO BOYS & GIRLS*

*JUNIOR DIVISION - GRADES 4-5*

*SENIOR DIVISION - GRADES 6-8*

PRO DIVISION - GRADES 9 (dependent upon number of sign ups)

**\$90 ENROLLMENT FEE**

*NBA Replica Jersey included!!*

*Rosters limited - sign up early to reserve your spot.*

### **LEONIA RECREATIONAL WRESTLING**

**Grades:** Kindergarten - Eighth Grade

**Recreational Coaches:** Nick Cadmus

The Leonia Recreational Wrestling program is open to youths, grades K – 8. All wrestlers are matched by weight and skill level (no experience – very skilled). Our program offers both instructional and competitive opportunities for children to experience both mental and physical growth. Basic wrestling skills are taught and practiced in a supervised setting under the guidance of experienced coaches. Our goal is to introduce wrestling to those new to the sport, while continuing to improve abilities in seasoned wrestlers. Our program will also exemplify the benefits of hard work and sacrifice, as well as teach the traits of good sportsmanship, the value of discipline, the exhilaration of competitive spirit, and mostly, to have fun!

**Season:** November 26<sup>th</sup> to February 13<sup>th</sup>

**Practices:** Tuesdays & Thursdays

6:30 – 7:30 (K-4)

7:30 – 8:30 (5-8)

Leonia High School Wrestling Room

**Matches:** Saturdays & Sundays (Tournaments)

Locations and Dates TBA

**Fee:** \$80

If any parents are interested in volunteering and/or fundraising please contact Coach Cadmus at 516-241-6301 or [cadmus@leoniaschools.org](mailto:cadmus@leoniaschools.org).

## ADULT/SENIORS

### Yoga

**Instructor:** Amy Priest, Padma/ Certified Yoga Instructor  
**Content:** Yoga means "union". In this multi-level class we will be bringing into union body, mind, and spirit through yoga asanas (postures), breathing practices, and yoga / Nidra (deep relaxation), which moves into stillness and meditation.  
**Day:** Wednesday  
**Time:** 10:00 am -11:20 am \*\*\*Please be on time\*\*\*  
**Date:** September 18 to November 20  
**Duration:** 10 weeks  
**Location:** Boro Annex, 305 Beechwood Place  
**Fee:** \$100.00 Leonia Residents \$125.00 non-residents  
**Dress Code:** Wear comfortable clothes, bring mat or towel, and do not eat right before class.

### Gentle Yoga

**Instructor:** Amy Priest, Padma/ Certified Integral Yoga Instructor  
**Content:** Designed for those who prefer a gentler yoga class. Each class will end with a guided deep relaxation that will take you into a deeper state of stillness and meditation.  
**Day:** Wednesday  
**Time:** 11:30 am -12:30 pm  
**Date:** September 18 to November 20  
**Duration:** 10 weeks  
**Location:** Boro Annex, 305 Beechwood Place  
**Fee:** \$100.00 Leonia Residents \$125.00 Non-Residents  
**Dress Code:** Wear comfortable clothes, bring mat or towel, and do not eat right before class.

### Saturday Morning Yoga

**Instructor:** Amy Priest, Padma/ Certified Yoga Instructor  
**Day:** Saturdays  
**Time:** 10:30 am to 12:00 pm (Noon)  
**Location:** Little House, 305 Beechwood Place  
**Fee:** \$15.00 per class & Registration Form must be completed  
**Duration:** All Year

## ADULT/SENIORS

### **SENIOR EXERCISE CLASS**

**Instructor:** Susan Van Valen

**Content:** This new Senior Exercise Program (Done sitting and standing) will tone your whole body, improve bone density, flexibility, balance and coordination. Fun workout to recordings of your favorite musical artists. Bring your own hand /ankle weights, if desired.

**Day / Time:** Thursday afternoons 12:45 PM to 1:45 PM

**Location:** Leonia Recreation Dance Studio

**Dates:** September 19 to December 19

**Fee:** \$35.00 Leonia Residents \$45.00 Non Residents

### **Table Tennis**

**Instructor:** Sol Epstein / Dave Torres / Danilo Torres

**Content:** Enjoy the competition of table tennis in a fun atmosphere. Each player is asked to **bring their own paddle and balls.**

**Call LEONIA RECREATION CENTER, 201-592-5783, FOR MORE INFO.**

**Age:** 18 and up

**Day:** Wednesday / Saturday

**Time:** Wednesdays - 6:00 pm to 10:00 pm, Saturdays – 8:00 am to 12 Noon

**Location:** Recreation Gym

**Fee:** **Wednesdays** - \$60.00 FOR LEONIA RESIDENTS \$90.00 FOR NON RESIDENTS

**Saturdays** - \$40.00 FOR LEONIA RESIDENTS \$60.00 FOR NON RESIDENTS

### **Callanetics**

**Instructor:** Lynne Marotta, Certified Trainer

**Content:** Callanetics will gently improve posture, strengthen & tone muscles, and increase flexibility. This non-aerobic exercise enhances how you look and feel while keeping your back, neck, and knees safe.

**Days & Times:**

Tuesday	Wednesday	Thursday	Saturday
9:30-10:30 am	7:30-8:30 pm	9:30-10:30 am	9:30-10:30 am

**Date:** September 17 to December 7

**Duration:** 11 weeks

**Location:** Dance Studio (off of gymnasium)

<b>Fee:</b> 1 class \$75.00	Non- Resident \$100.00
2 classes \$135.00	Non-Resident \$160.00
3 classes \$185.00	Non-Resident \$210.00

## ADULT/SENIORS

### **Cardio Callanetics**

**Instructor:** Lynne Marotta

**Content:** A low impact aerobic class with simple dance steps using full range of motion. Increases fluidity and cardiovascular fitness.

**Day:** Tuesday

**Time:** 10:45 am -11:15 am

**Date:** September 17 to November 26

**Duration:** 11 weeks

**Location:** Dance Studio (off of gymnasium)

**Fee:** \$55.00 Leonia Residents Non- Residents \$65.00

### **Callanetics Senior Class: Gentle Stretch and Toning**

**Instructor:** Lynne Marotta

**Content:** Enjoy gentle movements that strengthen and tone the body. The exercises and stretches will be done sitting, standing, or done on a mat. You will learn how to get up and down to the mat as well. This relaxed atmosphere will enable you to learn about our body at your own pace. You will learn how to keep your back, neck and knees protected as you strengthen.

**Day:** Thursdays

**Time:** 10:45 am to 11:45 am

**Date:** September 19 to November 21

**Duration:** 9 Weeks

**Location:** Dance Studio (off of gymnasium)

**Fee:** \$50.00 Leonia Residents Non- Residents \$65.00

\*\* No Class November 7\*\*

### **Chi Gung ( Qigong – Chi Cong)**

**Instructor:** Norman Blagman. Chi Gung (Qigong-Chi Gong) is a Mind & Body exercise for healing, longevity, and has been used in China for thousands of years. It incorporates belly breathing and gentle movements. It clears energy blockages and balances the Yin and Yang and restores optimum health. Loose Clothing please.

**Days / Times:** MONDAYS IN BORO ANNEX ON BEECHWOOD PLACE: 9:30 AM TO 10:30 AM

WED. EVENINGS AT RECREATION CENTER: 8:00 PM TO 9:00 PM

**Dates:** September 16 to December 16 (13 Weeks)

**Fee:** \$120.00

\*\*\*DROP - IN COST PER SESSION IS, \$10.00\*\*

Registration Form must be completed

\*\*\* No Class October 14\*\*\*

## ADULT/SENIORS

### Tae Kwon Do

**Instructor:** Laura Lewis, 3<sup>rd</sup> degree black belt

**Content:** Improve balance, flexibility, conditioning, and self-esteem while learning self-defense as well as competition style Tae Kwon Do. Students can advance in belts through serious practice and dedication. Additional fee of \$25.00 is required to take promotion test. **Great for both parents & children to take together!**

**Age:** 6 through Adults

**Day:** Choice of Monday, Wednesday, or both!

**Time:** **Beginner** 7:00 pm -8:00 pm **Advanced** 8:00 pm-9:15 pm

**Day:** Monday: Recreation Gym Wednesday: Anna C. Scott Gym

**Date:** September 16 to November 25/December 4

**Duration:** 10 weeks

**Fee:** 1 Class per week - \$110.00 2 Classes per week - \$150.00

\*\*\* No Classes October 14, November 27\*\*\*

### Line Dancing

**Location:** Dance Studio (off of gymnasium)

**Instructor:** Gloria Zimmerman

**Content:** If you want to have FUN-FUN-FUN, come join us and learn line dancing .  
Beginners always welcome!

**Age:** 55 and Up

**Day/ Date:** Friday, September 20 to November 22 (10 weeks)

**Time:** 10:30 am -11:30 am

**Fee:** \$30.00 LEONIA RESIDENTS \$40.00 NON-RESIDENTS

### Volleyball

**Day:** Thursday

**Time:** 8:30 pm – 10:30 pm

**Location:** Recreation Gym

**Fee:** \$25.00 \*\*\$10.00 Single Night Play

**Registration Form must be completed**

## ADULT/SENIORS

### **Shamanic Drumming**

**Instructor:** Anne Wennhold  
**Content:** Rhythmic adventure with drums, rattles, and other percussion instruments. Explore Shamantic tradition and experience a ritual called "journeying".  
**Day:** Friday  
**Time:** 9:30 am -11:00 am  
**Date:** September 20 to November 22  
**Duration:** 10 weeks  
**Location:** Recreation Meeting Room  
**Fee:** \$100.00 Residents \$125.00 Non - Residents

### **Outdoor Tennis Reservations**

**Content:** Members may reserve an hour of court time for weekends by calling in their reservation to the Recreation Office between 9:00 am and 4:00 pm.  
**Dates:** September through March  
**Fee:** \$75.00

### **Zumba**

**Instructor:** Jackie Metzdorf  
**Content:** This low impact program of Latin and international music will help you tone and sculpt the body. **SO COME AND JOIN THE PARTY!!**  
**Day:** Tuesday  
**Time:** 7:30 pm to 8:30 pm  
**Date:** September 17 to November 26  
**Duration:** 11 weeks  
**Location:** Recreation Gym  
**Fee:** \$95.00

### **ADULT, PROJECT SEWING**

**Instructor:** Genh Su  
**Content:** This class is for basic sewing with a machine. In this new innovative program, Ms. Su will instruct you on how to use a sewing machine, basic stitching and hemming and how to make simple patterns. Come enjoy the world of sewing and find less of a need for a tailor in the future! Ms. Su has 20 years of sewing experience and teaching.  
**Day/Time:** **Mondays, 10:00 am to 11:30 am**  
**Date:** September 16 to November 18 **NO CLASS: OCTOBER 14**  
**Location:** Recreation Center Meeting Room  
**Fee:** \$150.00 includes materials

## ADULT/SENIORS

### **PERSONAL DEFENSE**

Personal defense does not require years of study to learn. Through simple, efficient actions, students will learn how to defend themselves when necessary. 90% of violent situations can be avoided, so this class will cover how to avoid or de-escalate a dangerous situation through verbal strategies and awareness skills. Then you will learn the fundamental skills to keep yourself safe if attacked. By learning these basic concepts you can continue to build on the fundamental techniques until you are confident that you can defend yourself.

**Ages:** 16 years through Adults  
**Day/Time:** Tuesdays, 7:00-8:00 pm  
**Date:** SEPTEMBER 17 TO NOVEMBER 26 (9 Weeks)  
**Location:** Dance Studio (Off Recreation Gymnasium)  
**Fee:** \$150.00 resident \$175 Non-Resident

**\*\* No Class Nov. 5 & 12\*\***

### **COMBAT FOR STAGE AND SCREEN**

Want to learn how they fight in the movies? Study with a working professional in stage and screen combat! This class will give students a foundation in combat for stage & screen. You will learn safe, effective techniques for performing a fight safely while looking realistic. Class will culminate in performing a short fight scene that is safe and integrates lessons taught in this class.

**Ages:** 16 years through Adults  
**Day/Time:** Tuesdays, 9:00-10:00 pm  
**Date:** SEPTEMBER 17 TO NOVEMBER 26 (9 Weeks)  
**Location:** Dance Studio (Off Recreation Gymnasium)  
**Fee:** \$150.00 resident \$175 Non-Resident

**\*\* No Class Nov. 5 & 12\*\***

## ADULT/SENIORS

### NORTHERN ITALIAN DUELING SABRE

Want to get fit while learning a unique skill? Classical fencing teaches fencing as a martial art so you develop more confidence, self-respect and coordination. For beginners, class will focus on fundamentals such as the guard, lunge, basic footwork, attacks and defenses of this cut & thrust weapon. For returning students, you will need to purchase a mask and jacket and you will begin fencing with each other. Classes require both mental and physical exertion which will help you develop strength, stamina, flexibility and mental acuity.

**Ages:** 16 years through Adults  
**Day/Time:** Tuesdays 8:00-9:00 pm  
**Date:** SEPTEMBER 17 TO NOVEMBER 26 (9 Weeks)  
**Location:** Dance Studio (Off Recreation Gymnasium)  
**Fee:** \$150.00 resident \$175 Non-Resident

**\*\*No Class Nov. 5 & 12\*\***

### CLASSICAL FRENCH FOIL

Want to get fit while learning a unique skill? Classical fencing teaches fencing as a martial art so you develop more confidence, self-respect and coordination. This beginner's class will focus on fundamentals such as the guard, lunge, basic footwork, attacks and defenses with this thrusting weapon. Classes require both mental and physical exertion which will help you develop strength, stamina, flexibility and mental acuity.

**Ages:** 10 years through Adults  
**Day/Time:** Tuesdays, 6:00-7:00 pm  
**Date:** SEPTEMBER 17 TO NOVEMBER 26 (9 Weeks)  
**Location:** Dance Studio (Off Recreation Gymnasium)  
**Fee:** \$150.00 resident \$175 Non-Resident

**\*\*No Class Nov. 5 & 12\*\***

## REGISTRATION FORM

1. Up to three programs may be registered for on one form and up to two names may be listed as long as it is for the same program / programs.
2. Please make checks payable to "BORO OF LEONIA"

**\*NO NEWS IS GOOD NEWS\***

You will only be notified if a class has been filled, cancelled or changed.

\*\*\*\*\*

### PLEASE FILL OUT ENTIRE FORM

NAME\_\_\_\_\_

ADDRESS\_\_\_\_\_

CITY\_\_\_\_\_ZIP\_\_\_\_\_

HOME PHONE\_\_\_\_\_CELL\_\_\_\_\_

WORK #\_\_\_\_\_Male\_\_\_\_\_Female\_\_\_\_\_Age\_\_\_\_\_

DATE OF BIRTH\_\_\_\_\_CHILD GRADE\_\_\_\_\_

PARENT/GUARDIAN NAME(PRINT)\_\_\_\_\_

Email address\_\_\_\_\_

\*\*\*\*\*

1. PROGRAM NAME\_\_\_\_\_

TIME\_\_\_\_\_DAY\_\_\_\_\_AMOUNT\_\_\_\_\_

2. PROGRAM NAME\_\_\_\_\_

TIME\_\_\_\_\_DAY\_\_\_\_\_AMOUNT\_\_\_\_\_

3. PROGRAM NAME\_\_\_\_\_

TIME\_\_\_\_\_DAY\_\_\_\_\_AMOUNT\_\_\_\_\_

**WE ASK ALL PARTICIPANTS OF RECREATION PROGRAMS TO PLEASE FILL OUT AN EMERGENCY AUTHORIZATION FORM AT THE BEGINNING OF EACH CALENDAR YEAR. THANK YOU.**

**NOTE:** THE BOROUGH OF LEONIA IS NOT RESPONSIBLE FOR AN ACCIDENT WHICH IS THE DIRECT RESULT OF THE PARTICIPANT'S INVOLVEMENT IN A RECREATION PROGRAM. ANY MEDICAL TREATMENT FOR ANY ACCIDENT IS THE RESPONSIBILITY OF THE PARTICIPANTS'S OWN MEDICAL INSURANCE.

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ADDRESS\_\_\_\_\_

CITY\_\_\_\_\_ZIP\_\_\_\_\_

HOME PHONE\_\_\_\_\_CELL\_\_\_\_\_

WORK #\_\_\_\_\_Male\_\_\_\_\_Female\_\_\_\_\_Age\_\_\_\_\_

DATE OF BIRTH\_\_\_\_\_CHILD GRADE\_\_\_\_\_

PARENT/GUARDIAN NAME(PRINT)\_\_\_\_\_

Email address\_\_\_\_\_

\*\*\*\*\*

1. PROGRAM NAME\_\_\_\_\_

TIME\_\_\_\_\_DAY\_\_\_\_\_AMOUNT\_\_\_\_\_

2. PROGRAM NAME\_\_\_\_\_

TIME\_\_\_\_\_DAY\_\_\_\_\_AMOUNT\_\_\_\_\_

3. PROGRAM NAME\_\_\_\_\_

TIME\_\_\_\_\_DAY\_\_\_\_\_AMOUNT\_\_\_\_\_

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**LEONIA RECREATION COMMISSION  
370 BROAD AVENUE  
LEONIA, NJ 07605**

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